ST. THOMAS CHURCH

Union Free From Incum-

brance.

Special to The Advertiser

years ago.

Business."

St. Thomas, June 7.-Rev. Dr. Cross

The church mortgage was cleared

the jubilee services last fall, and the

church will enter the United church

free of debt. Mr. Leonard, who assists

Dr. Crossley in his service of song.

rendered a number of appropriate

This morning Dr. Crossley preach

ed on "Misconceptions of God," and

this evening on 'Minding You: Own

Bean Acreage

The acreage of beans in Elgir

ounty will be as large as in former

years, according to the reports of the

growing in popularity as a pasture

mongst the dairymen in the county

Dr. and Mrs. F. O. Lawerence have

returned from a trip to the Mediter-

ranean, where they visited the Valley

mere 140 degrees most of the time.

The first garden concert to

Band Concert.

staged at the Horticultural society's

trial grounds was given this evening

after the church service, by the Sal-

vation Army band. The trial gar-

dens are beautiful with foliage and

colorful irises. The citizens are again

showing their appreciation of the

music supplied by the S. A. band by

attending the evening musicals in

driver, charged with selling liquor, has been enlarged through the in-

ability of J. M. MhEvoy, K.C., London, to appear as counsel for the

The Kiwanis club will revert to

Margaret Stansel Mack, widow of

the late Levi Mack, former resident of this city, died Friday in the Battle

Creek sanatorium, after a few weeks illness. Mrs. Mæck was born in Staf-

fordville, and was an attendant at Grace Methodist church while in this

cemetery. Rev. A. E. Moorehouse of ficiated. Earl Richard Rassman, only child of Mr. and Mrs. Samuel Rassman. Antrim street, passed away Friday

evening after an extended illn

evening after an extended illness. He was born in the city 17 years ago, and had attended Wellington street school and Central Methodist Sunday school. He is survived by his parents.

The funeral will be held Monday at 2:30 o'clock from the family residence to the St. Thomas cemetery.

The remains of Mrs. Mary Frances Boughner, former resident of this

Boughner, former resident of this city, who died in New York state, arrived here today. Funeral services will be conducted from C. A. Towers funeral parlors at 4 o'clock tomorrow

afternoon. Interment will be made in the St. Thomas masoleum.

Shevis survived by her husband, A. E. Boughner, of St. Louis: three daughters, Mrs. R. S. Keiser, New York, Miss Cecil Boughner, St. Louis, and Miss Buella, Syracuse, and one son, A. E. Boughner, New York.

W. I. AT GODERICH. Special to The Advertiser

Goderich, June 7.—The district annual meeting of women's institutes was held in the Masonic Temple, Goderich. Representatives from the North Huron district were present, including Wingham, Blyth, Kintall, St. Augustine, St. Helens, Clinton. Londesboro, Dungannon, Auburn and Goderich

oderich.

The case of Fred Young,

large numbers.

selections during the services.

# WOMEN and THE HOME

## **OLDEST MEMBER OF CHURCH** HONORED BY CONGREGATION

MRS. RICHARD WINNETT,

M'ALPINE CLAN HOLDS

REUNION AT ALVINSTON

To Enjoy a Day of

Jollification.

Special to The Advertiser

Alvinston, June 7 .- About 300 mem

bers of the McAlpine clan gathered

here on Friday afternoon for their an-

nual reunion. President Alex Mc-

Alpine and Secretary Mac McAlpine

were directly responsible for the suc-

Tables laden with the most tempt

furnished by the Glencoe high school

Following the dinner, a most inter

esting program was presented Features were: Bagpipe selections by

Dougald Letich; solos, Gordon Nes-bitt, Miss Ballantyne, Mr. Hamilton A. McIntyre, Mrs. Munro, Mrc Mc

Alpine: mouth organ selections, Mr. Carruthers: accordion selections, William Hamilton; readings, Mary Mc-

violin selections. Neil McNeil: duet Mr. and Mrs. McGuigan, of Cairo. Rev. Mr. Galloway, of Glencoe, gave an interesting address. Archie Mc-

Guigan and Katherine

Artist and Writer Is Discovered in Mrs. Richard Winnett.

#### REAL HOMEMAKER

Just recently, when the Hill street Methodist church held closing services because of union, the oldest member of the congregation, Mrs. Richard Winnett, was presented with a lovely bouquet of flowers as a token of her loyalty to the little

It was with a desire to know something of Mrs. Winnett that The Advertiser called her up. She was rather shy, it must be admitted, about having any publicity, and stated that she had been able to avoid it up until

#### An Artist.

At one time she painted. Her work was very fine and showed her deep interest in art. She was a writer, who was recently honored by the too, but all her works were anony-congregation of the Hill street Methodome, though her friends desired her dist church, of which she was the to have a pen name and become to have a pen name and become known. Her interest in journalism was apparent, as many of her poems were published in newspapers.

Prior to an accident some time ago, Mrs. Winnett also followed true feminine occupations. Over 50 years ago she married Richard Winnett, who, with their son, now has a boiler works on the Hamilton road. Plain and fancy sewing, together with the tasks of mending and darning, were also occupations of this homemaker. And there is no doubt about it, she came from the old school and must have been a maker of delicious things to eat. Lover of Books.

Though she is not able to work now, Mrs. Winnett is still a lover of books and spends much time in of books and spends much time in reading. She is cheerful and happy and makes life happy for those about her. She has, besides her son, Mr. Harry Winnett, a daughter, Mrs. Harry Lewis, of Queen's avenue. Winnett has, through years life with joy in the evening of her

years, and has gained woman's high-est tribute, the love of her children. THORNDALE SHOWER.

Thorndale, June 7.—Mrs. W. J. Harding entertained at a kitchen niece, Miss Gladys Harding, whose marriage is to take place in the near future. About forty guests were present. The gifts were presented in a decorated basket by the Misses McDougall of Toronto, after Misses McDougall of Toronto, after which the bride-to-be thanked those present in a very fitting manner. Aftea was served sisting the hostess were Mrs. James McKenzie, London; Mrs. John Ardell and Misses McDougall of Toronto.

LEAVES FOR GENEVA London, June 6.-The British foreign secretary, Right Hon. Austen Chamber

lain, left today for Geneva to attend the

A Room for a Radio F

Why not find a room where an aerial has

already been erected on the roof or where

you can erect one. Then you can connect up

your radio and be ready for the long winter

evenings. There, in your comfortable room,

ensconced in your easy chair, you can be en-

tertained by the best talent in the country.

For a guide to the room you want, for radio rooms—consult the To Rent Want-ads of the

London Advertiser

Children Cry for



Majority Are of Scarlet, Rus- Central Methodist Will Enter set, Flame or Sunset Shades.

By AILEEN LAMONT. Copyright.

New York, June 8.-The modern miss who follows sports may have ficiate at the burning of the mort a roll in her stocking but she is far gage at Central Methodist church more likely to have a fold in her hat. The newest of the fur felt pull on are small shapes, but with a slightly wider brim in front than was considered swagger earlier in the year.
The brim turns sharply back from
the brow and frequently is fastened
flatly to the crown with a band of

If Hamlet invaded the British tennis courts this season he would change his soliloquy to 'To see or not to see." If the women players wore the latest tennis costumes he would not see much. For the smart tennis costume today consists of a wash silk one piece frock with quarter sleeves, confined at a low waist line by a doe skin belt. The skirt un-buttons at either side from belt to

buttons at either side from belt to hem revealing wide knickers which are attached to the gown.

Women undoubtedly will go down to the sea this summer not in ships but in silks. The newest English and French bathing suits imported here stress the short tunic effect worn over bloomers. One such model is in range and black taffeta with eight deep pleats from the waist to the hem of the tunic to give freedom of movement. The rubber caps accom-About Three Hundred Gather elaborate as the headgear for street

The new shoulder capes becoming so popular for afternoon wear can be worn with propriety in the paddock of the Kings and King Tut's tombour Belmont Park, Latonia, Epsom or Long Champs but woe betide the wearer who ventured into the pasture with one on. The majority are of the brightest possible hues with Egypt, where the temperature is a scarlet, russet and flame and sunset mere 140 degrees most of the time inating. These colors however frequently are toned down combination with black chiffen. ing of viands were spread beneath the trees in Hugh McAlpine grove. During the dinner hour, music was

### WEDDINGS

BENDING-O'NEILL The home of Mrs. S. E. O'Neill, Wyoming was the scene of a pretty wedding recently when La Verna, her

third daughter was married to Mr. Arthur Bending of Sarnia. Rev. J. P. McCracken of Point Edward offici-ated. The room was decorated with an arch of bridal-wreath. Tables at which a buffet luncheon was served were resplendent with white peonies. Mr. Arthur Underwood was best man and Miss Florence O'Neill of Flint Michigan, acted as bridesmaid. bride wore a gown of white crepe trimmed with lace, ribnog and

Intyre, of Alvinston, gave an historical sketch on the clan, showing the important part played in the history of the empire, as McAlpines had acorange blossoms. Her going-away costume was a blue flat crepo suit of the empire, as McAphines had according to the special control of the empire, as McAphines had according to the special control of the empire was a blue flat creps suit with hat to match. The newly-wedded couple will tour the great lakes and settle in Sarnia on their return. afternoon having been spent so pleas Miss Marion Middleton acted as council of the League of Nations, which begins its 34th session on Monday. pianist rendering the wedding march and other suitable music.

GILLMORE-EDWARDS. The Maitland street Baptist church

The Maitland street Baptist church district.

Was the scene of a pretty wedding at noon Saturday, when Miss Retta on the arrival of M. C. R. train from the J. Edwards, daughter of Mr. and Mrs, John Edwards, Piccadilly street, became the bride of Mr. S. Archibald Gilmore, son of Mr. and Mrs. Charles Gilmore, Eleanor street. Rev. W. M. Macdonald, pastor of the church, officiated.

church officiated.

Mrs. Kenny, the church organist, played the wedding music, at the strains of which the bride entered the church on the arm of her father. Her wedding gown was of white georgette, with conventional bridal veil, caught back with lilies of the valley. She carried a shower bouquet of butterfly roses and lilies of the valley.

valley.
Miss Muriel Coughtrey acted as Miss Muriel Coughtrey acted as bridesmaid, wearing a lovely gown of orchid georgette, with black picture hat and bouquet of Columbia roses. Little Miss Beth Wakeling, niece of the bride, wearing a bouffant pink frock, pink hat and carrying a basket of roses and forgetme-nots, was a charming flower girl. Master Jack Smith, nephew of the groom, carrying a tiny wand, acted as page. Mr. Chester Haylock was best man.

best man.

During the signing of the register,
Mr. C. Burnett sang "O Promise
Me." Following the ceremony a reception was held at the home of the
bride's parents, Mrs. Edwards receiving in a gown of black silk crepe.

Immediately following the ceremony Mr. and Mrs. Gilmore left
on a wedding trip, the bride travelling in a blonde gown with sand
wrap and hat to match. On their
return they will reside in London.

THORNDALE W. I.

Goderich.

The election of officers resulted as follows: Past president, Mrs. Whiteman, Blyth: president, Mrs. Cruickshanks, Wingham; first vice-president, Mrs. Donald McNevin. Goderich; second vice-president, Mrs. Richmond, Blyth; secretary-treasurer, Miss McAllister of Auburn; auditors Mrs. McKenzie and Mrs. McCourt of Dungannon.

The outgoing president addressed the meeting, followed by Mrs. Macbeth of Milverton, who told of the work of the federated council of women's institutes. Mrs. Edwards of Komoka gave an address on "Woman and the Home." Mrs. Elliott of Thorndale, June 7.—The Thorndale branch of the W. I. met in the league room of the Methodist church rebranch of the W. I. met in the league room of the Methodist church recently with an attendance of 44. Mrs. Bonnell was hostess. Mrs. Brown, the president, occupied the chair and presented the following program: Solos by Mrs. W. A. Reid and Miss Anna Herr; violin and plano duet by William Caruthers and Max Abbott; paper by Miss Hueston on "The Value of Good Reading." Miss Harrison, who has recently been travelling abroad, gave a very interesting talk on her trip.

FOREST W. I.

FOREST W. I.

Forest, June 7.—Officers elected by the Forest women's institute during their annual meeting at the home of mrs. John Lawrending their annual meeting first vice-press tent. Mrs. J. D. Livingston are: President. Mrs. J. Brand. secretary services and community singing, followed by refreshments.

MOTHER:— Fletcher's

Castoria is especially prepared to relieve Infarts in arms and Children all ages of Constipation, Flatulency, Wind Colic annual meeting, and mrs. P. McKell and and was largely attended. A special feature of the afternoon was the presentation of a cut glass vase to the factors. Mrs. J. D. Livingston: branch directors, Mrs. Morris Scott (nee Alice James). The address was read by compared the contributed two well-rendered readings. Mrs. C. L. Tav. Mrs. S. J. Rawlings and Mrs. E. Willings and Mrs. E. McLubard. And Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

VESSEL MOVEMENTS.

Port Dalhousle, June 8.—Up: New York News, Glenely, Brockton, Dawn. Nons.

# CHURCH OF CHRIST SEEKS **UNION OF IMMERSIONISTS**

Toronto Pastor Declares Fusion With Baptists Is Desired.

ELECT A. E. TROUT

Convention Names Owen Sound Leader As New President For 1925.

ley, who is visiting the city to of-The union of the Canadia churches of Christ Disciples and the Baptist church is but a moral obli-Monday evening, preached both sergation to the new fellowship wave vices today. Rev. Crossley has ainow sweeping the country and which ways had a warm spot in his heart for will reach its first crest on June 10, the Central church, having contributwhen the United church of Canada. ed to the present edifice some 25 omes into being This declaration climaxed the ad-

> dress of Rev. George Quiggan of the Hillcrest church, Toronto, before the Saturday night session of the Ontario Disciples' ocnvention. Quiggin's elaboration of "The attitude of the Disciples in Canada toward the Canadian church union movement," developed into the out-

He appealed to both congregations to bury their differences and join under one banner that the sincerity of the church union movement in Canada might be further established

Ontario agricultural department. Although the weather for planting this week has not been of the best, it is hoped that relief in the form of rain will soon come. Sweet clover is compared to the world.

The most fruitful missionary cauthe most fruitful m spread over four days, were addressed by speakers of international repute and were attended by more than 300 visiting delegates, as well as London Disciples. Union With Baptists.

"We are not compelled to adopt a responding secretary: H. A. Stephens, purely negative attitude in this matter of Canadian church union," Mr. lng. Owen Sound, treasurer of the how baptism principles had made the joining of the United church an impossibility. "While, at present our rinciples." Quiggin asserted, after explaining possibility. "While, at present, our principles on baptism forbid us a orinciples on baptism foroid us corporate union with the United corporate union with the United corporate union with all Christians in seeking union with all Christians in believers' bap-Canada who preach believers' bap-"Of all these Christians, the Bap-

tists are nearer to us in faith and practice. I appeal to both Baptists and Disciples of Christ in Canada to be big enough to forget petty prejulices and to make their contribution to church union in Canada by the nion of these immersionist bodies.
"Nothing vital separates us. We "Nothing vital separates us. We both base our faith and practice upon the New Testament teaching. Nothing but the name 'Baptist' us. I appeal to our Baptist brethren not to stake their denomination existence upon a sectarian name. I appeal to the churches of Christ to

ment, I have more in common with ment, 'I have more in the presbyterians than Baptists.'

Conscience Interferes. "

"Questions of conscience divide us "

"Questions of conscience divide us No

their Monday luncheon-hour instead of Friday meetings. F. S. Fansher. of Aylmer. will be the speaker on from our Presbyterian friends. question of conscience divides us rom the Baptists.
"Both communio ons owe it to this

Labor Will Rule Sydney House

Associated Press Despatch. Sydney Australia, June 6.--It is now definitely known that the Labor party is once more in power in New South Wales as a result of the general election of last Saturday. Earlier in the week there appeared to be some doubt as to The election returns show that the Labor party holds 46 seats in the legislative assembly of New South Wales. The Nationalists hold

South Wales. The Nationalists hold 35 and the Progressives 3.

The government, headed by Sir George Fuller, leader of the Nationalist party, was a coalition of Nationalists and Progressives, and it followed the Labor government of J. Dooley. The last Laber administration was defeated at the polls in March, 1924, by the combined Nationalists and Progressives.

make this contribution to Canadian church union.

"The day will come when united Christian immersionists and united Christian pseudo-Baptists will solve standing discourses of the conven-tion.

their problems of the relation of the child to the church. Then there will be a truly united church of Canada, in which there will be not only Prestionalists, but Baptists, churches Christ and Anglicans as well Then 'He shall have dominion sea to sea and from the river to the ends of the earth."

> A. E. Trout. President. Toronto. Other officers are A. Mc Killop, St. Thomas, vice-president; Amos Tovell, Guelph, recording sec-retary; R. Butchart, Toronto, cor-responding secretary; H. A. Stephens,

> trust fund; board of co-operation, Rev. J. H. Versey, London; Rev. S. M. Swaby-Smith, West Lorne; R. C. Thomson, Guelph; C. L. Burton, Toronto, and D. H. Reid. Dr. Thomson, Toronto, Cecil Miller.

Hagersville, Stuart Fleming, Owen Sound, R. J. Henderson, London, Earl emon, West Lorne; girls' work oard, Marion V. Royce, St. Thomas R. Butchard, Miss R. M. Bond conto; children's work board. Ada G. Leary, Toronto, Edith Kilgour, Guelph, Marion V. Royce; social service council of Ontario, C. L. Burton, Rev. E. Parkhouse, Everton, Burton, Rev. E. Parkhouse, Everton, B. Butchard, Amos Tovell, Rev. S. R. Butchard, Amos Tovell, Rev. S. M. Swaby-Smith, Rev. R. G. Quiggin. Toronto.

H. L. Stainton was named superintendent of young people's work and Christian endeavor. The elections re-port is signed by John A. McKillop, chairman, C. B. King of London and Hugh McCully of Northwood.

Talks on Education. An address from Rev. G. I.

Christ, on "The place of Chrisitan education in the world's evangeliza-tion," was one of the features of the Saturday afternoon session. Prof. H. F. Dawes spoke on "Our Canadian educational work," while George H. Stewart, chairman of the all-Canada mmittee, presided at a conference all-Canada work. Mr. Stewart, no is one of the leading laymen in Canada, urged a strong forward movement to strengthen the bonds of the Ontario Disciples with those in

where provinces.

More than 200 young people from every part of the province sat down at the young people's banquet on Saturday night. Mr. Matteer and Rev. Saturday night. Mr. Matteer and Rev. M. G. Boyce of Toronto were the speakers. At the session proper, Rev. John H. Wells, all-Canada evangelist, gave one of the most forceful addresses of the convention. His subject was, "The Duty of the Hour." Mr. Hoover was the speaker of the Sunday morning service. J. D. Stephens gave the report of the obituary committee at the afternoon session, while Dr. T. L. Fowler led at the communion service.

at the communion service.

Mr. Quiggin preached at the evening service, which concluded the

# INDEPENDENCE URGED ON PROHIBTION ISSUE

C. T. U. of Stratford District Passes Resolution Scoring Ferguson.

Special to The Advertiser. Stratford, June 7.-A large representation from the district attended the annual meeting of the Perth County W. C. T. U. which took place in Fullarton. Most satisfactory reports were brought in by the various departments. Addresses were given by Rev. Hopper and Rev. Greening of Fullarton and Mrs. Holliday of Mitchell. Some strong resolutions The election of officers, held on Saturday afternoon, brought A. E. Fullarton and Mrs. Holliday of Trout, of Owen Sound, to the presidency, succeeding C. L. Burton of Were passed, among them "That we were passed, among them "That we adopt as a cardinal doctrine of our political creed, freedom from party

> as being a dishonor to Canadian democracy."
> The following are the officers:
> President, T. L. Hamilton of Listowel; vice-president, Mrs. J. Dickinson of St. Marys; corresponding secretary, Mrs. R. A. Fleming of Listowel: recording secretary, Miss Hilda Kidd of Mitchell: treasurer, Mrs. W. Weitzel of Stratford

domination of the members of the

legislature on the prohibition issue."

Also "That we deplore Premier Fer-

guson's attitude on recent plebiscite

#### INSTITUTES PAY TRIBUTE TO MRS. NANCY BRANDON

Weitzel of Stratford.

Special to The Advertiser. Middlemarch, June 7.-The funeral of Mrs. Nancy Brandon took place from the Baptist church on Thursday, and was largely attended. The gin, Toronto.

In appeal to our Baptist brethren into to stake their denomination into the stake their denomination is education is composed of Rev. R. G. caristence upon a sectarian name. I appeal to the churches of Christ to the churches of Christ to topsake their prejudices. Do not be corsake their prejudices. Do not be corsake their prejudices. Do not be considered in the church into the chu Middlemarch, O. E. Lounsbury from Essex, and others from Walsingham and Sharlotville. The remains were laid to rest in Newkirk cemetery.
Among the many beautiful floral tributes were sprays from Apple Grove grange and ladies' aid, Mid-dlemarch, Middlemarch Women's incommon Lord to realize a visible as Hoover of Indianapolis, secretary of stitute and the women's institute, well as an invisible unity, and to the board of education, Disciples of St. Williams.

FOR BREAKING FAI

Tillsonburg Sunday Sch Workers Pass Beer Resolution.

Special to The Advertiser. Tillsonburg, June 7 .- The ar onvention of the Dereham and T nburg Religious Education co cil was held in the Baptist chi with a very large attendance. the afternoon meeting opened widevotional exercises, led by Rev. Aber Carr, of the local Baptist church Annual reports were given as follow Children, Miss Mary Harris, Den Children and Children with the Mary Harris, Den Children and Children were given as follows. ham Centre: intermediate boys, I Crandall, Tillsonburg; intermedi girls, Miss Vida Hockey, Tillsonbu girls, Miss Vida Hockey, Tillsonbur young people, Lyle Mansfield, Mou Elgin; adults, Mrs. W. T. Robertsa Tillsonburg; teacher training, Re M. W. Goodrich, B.A., Verschoy home, Mrs. Frank Small, Mount f gin; missionary, Wilbur Denn Brownsville; temperance, Mrs. Jo Dickout, Salford. President H. Norris told of l itinerancy among the Sunday school

itinerancy among the Sunday school of the association.
Officers were elected: President,
J. Pearson, Salford: vice-preside
W. Davis, Mount Elgin: secretar W. Davis, Mount Elgin: secretar treasurer, Miss Agnes McCrae, Ve schoyle; superintendents, Miss Men Gill, Ebenezer; boys, G. Teeter, Ti sonburg; girls, Miss Vida Hocke Tillsonburg; Lyle Mansfield, Mou Elgin: Mrs. W. T. Robertson, Tillsoburg; teacher training, Rev. M. V. Goodrich, B.A., B.D., Verschoyl home, Mrs. Frank Small, Mount Egin; missionary, Wilbur Denn Brownsville; temperance, Mrs. Joh Brownsville: temperance, Mrs. Jol

Dickout, Salford; . Rev. Roy Fird, B.A., B.D., Elo The banner for the school havin the highest percentage of efficien was won by the Salford Baptist Su day school, whose percentage was a
At 6:30 p.m., the delegates enjoy

a supper served by the ladies of the church.

There was a very large attendan in the evening, and the devotion exercises were in charge of Rev. Brearly, M.A., of Dereham Centry who took the theme, "I am the Wathe Truth and the Life." Rev. W. the Truth and the Life." Rev. W. Dunbar, rector of the St. Johr Anglican church, delivered the a dress of the evening, emphasizing need of making known the love God in such a manner that ever one may believe it.

Resolutions were passed, thanking the pastor and the members of the Baptist church for their hospitality dealing with the temperance situation. tion, and strongly protesting the action of the government in breaking tion of the government in breaki faith with the electors in the matt of amending the O. T. A., as pass by the Ferguson government, dealing with the matter of te take up the matter as soon as The county convention will be

PUPILS GIVE RECITAL Piano pupils of Miss Lillie Francave a very delightful studio recit last Saturday afternoon at her ho in Queen's avenue, those taking par acquitting themselves very creditabl Miss Chrissie Wright sang sever charming numbers. Those on t program were Vera Schutt, Edit Rapson, Beulah Ross, Agnes Hutto Dorothy Kidd, John Kidd and

# What is the Real Reason for the Mental Force and Physical Endurance



Grape-Nuts is made of pure wheat and malted barley. More than three-fourths of the content of Grape-Nuts are the precious carbohydrates.

In Grape-Nuts the carbohydrates have been dextrinized, that is, scientifically broken down into the form your body most readily

Grape-Nuts comes in crisp, golden kernels which you must chew. This starts the process of digestion where it should properly start-in the mouth.

of the "Go-getter"?

THE "go-getters" in business today—and in home and social life, too—have healthy, active minds and vigorous social life, too-have healthy, active minds and vigorous bodies because they have learned to carry out the most important law of living. They practise every day the law that doctors are stressing now more than ever before—the law of

The foods we eat have a tremendous influence on our mental and physical well-being. They have the power to build us up or to drag us down-to make us "go-getters" or to put us in that too-numerous class of people who suffer from tiredness, nervousness and a general low state of vitality.

Our daily foods, no matter how much nourishment they may contain, must come to us in the proper form for instant, easy assimilation.

One-half of all we eat should be the precious food elements called carbohydrates. Grape-Nuts, which is made from whole wheat and malted barley, is three-fourths carbohydrates in the form of dextrins. Twentytwo hours of slow baking has changed the carbohydrates into the most easily digested food substance known!

Try substituting Grape-Nuts for the principal dish which you now eat } at either breakfast or lunch, or both. Notice the result!

Grape-Nuts is available from all grocers in wax-wrapped packages. Four heaping teaspoonfuls, sufficient for each helping, costs less than one cent. Serve with milk or cream just as it comes from the package.

"There's a Reason"

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Please send me four individual free trial packages of Grape-Nuts and the Grape-Nuts Becipe Book.	T
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